

Nebraska Food Distribution Processed Commodity Fact Sheet

Name: Egg, Breakfast Wrap

Product Code: 40276

Processor: Sunny Fresh Foods

Category: Meat and Meat Alternate

Date: 6/15/2005

Description: Egg omelet with cheddar cheese wrapped in a flour tortilla and individually quick frozen, wrapped in a ovenable film. It is a heat and serve item.

Pack Size: 75 servings

Storage: Store at 0 degree's F or below

Preparation: Thaw product under refrigeration (32-40 degrees F.) overnight. Note: if product is frozen, additional cooking time will be required. Place breakfast wraps (seam side down) on parchment lined baking pan. Cover tightly with aluminum foil.

Cooking: Conventional Oven: 350 degrees F. for 20 to 30 minutes. Convection Oven: 325 degrees F. for 15 to 20 minutes.

Serving Size: 1 wrap (3.1 oz)

Meal Contribution: 2 meat/meat alternate and 1 bread alternate

Nutrition Facts			
Calories:	190.00	Protein:	10.00 grams
Total Fat:	10.00 grams	Carbohydrate:	16.00 grams
Saturated Fat:	4.00 grams	Cholesterol:	190.00 mg
Trans Fat:	grams	Calcium:	98.00 mg
Iron:	1.50 mg	Dietary Fiber:	0.00 mg
Sodium:	490.00 mg	Vitamin C:	0.00 mg
Vitamin A:	375.00 IU		